

Subject content	As a result, what students should know /understood	What students should be able to do	How students will be assessed	By when
<b>Unit 5 Training for Personal Fitness</b>	<ol style="list-style-type: none"> <li>1. Sports adherence factors and strategies to overcome them</li> <li>2. Plan and develop a 6 week training programme (Personal information, fitness test results, 6 week sessions, training diary)</li> <li>3. Implementation of a 6 week training programme</li> <li>4. Evaluate 6 week training programme</li> </ol>	<ul style="list-style-type: none"> <li>• Identify and describe 4 adherence factors which affects people taking part in physical activity</li> <li>• Identify and described 4 strategies to help people overcome these adherence factors.</li> <li>• Create a template for collecting personal information in preparation for planning a 6 week training programme.</li> <li>• Explain how principles of training will be used in order to see improvements</li> <li>• Explain which different methods of training will help to bring about improved sports performance</li> <li>• Be able to identify what fitness test to use for each health and skill related factor</li> <li>• Administer each test to collect results</li> <li>• Be able to compare fitness test data and analyse the results inline with normative data.</li> <li>• Create a template to use for each training session.</li> <li>• Explain why different activities have been chosen in each session.</li> <li>• Be able to evaluate the effectiveness of the training programme explain strengths and areas for improvements for future training.</li> </ul>	<p>2 Separate assignments</p>	<p>1 – HT1 2,3 AND 4 – HT2</p>
<b>Unit 6 Leading Sports activities</b>	<ol style="list-style-type: none"> <li>1. Understand what make an effective sports leader</li> <li>2. Know the various skills and qualities that make up a successful sports leader.</li> <li>3. Understand what needs to be included in a detailed sports plan</li> <li>4. Plan two sports sessions</li> <li>5. Lead one session</li> <li>6. Evaluate session</li> </ol>	<ul style="list-style-type: none"> <li>• Be able to describe and explain what skills and qualities make up a successful sports leader</li> <li>• Compare and contrast two sports leaders explaining their strengths and areas to improve</li> <li>• Identify and explain what needs to be considered when planning and executing a sports session</li> <li>• Demonstrate relevant skills and qualities of a sports leader when leading one of detailed session plans</li> <li>• Evaluate and reflect on session led giving strengths and areas to improve on</li> <li>• Understand how to develop as a sports leader and be able to explain this by reacting a sports development plan.</li> </ul>	<p>3 separate assignments</p>	<p>1 and 2 HT3 3 and 4 – HT4 5 and 6 – HT4</p>